Nod Ya Head



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Masters In Line (UK)

音樂: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



STEP, 1/4 TURN, ROCK AND KICK BEHIND SIDE IN FRONT, TAP HEEL, NOD HEAD

&1-2	Step back left,	step forward	riaht. ¼ tu	ırn left

Rock left behind right, rock forward right, kick left diagonally left Step left behind right, step right to right side, cross left over right

7-8 Touching right toe diagonally forward right, tap heel twice, nod head twice

WEAVE STEP ½ TURN, FULL TURN, ½ TURN, KNEE POPS

1&2	Cross right behind left,	step left to left side.	cross right over left

3-4 Step forward left, make ½ turn right

5-6 Make ½ turn right stepping back on left, make ½ turn right stepping forward right

&7 Make ½ turn right step back left, step right should width apart

&8 Bend both knees forward, heels down

TAP, TAP, SIDE, SAILOR 1/4 TURN KNEE ROLLS, MAMBO STEP

1&2	Tap right toe	next to left twice.	step right to right sid	de

3&4 Step left behind right, right to right side, make ¼ turn left step on left

Touch right toe diagonally forward roll right knee to the right
Touch left toe diagonally forward roll left knee to the left
Rock forward right, rock back left, step right together

ROCK RECOVER 1.1/2 TURN LEFT, ROCK RIGHT, LEFT, SEMI ROLL

1-2 Rock forward left, rock back right

3&4 Make ½ turn left step forward on left, make ½ turn left step back right, ½ turn left, forward left

5-6 Make ¼ turn left step right to right side, rock to left side

7-8 Bending knees, start to make an arc shape anti to the right (think of a clock, start at 9:00

bending knees so you are at 6:00 and finish with weight on right at 3:00 arc way is moving

right all the time)

Lower torso on left side, move torso to right raise torso weight on right, slide left to right (think of a circle cut off top half, you should be left with a semi circle at the bottom this is the shape 7 & 8 should be)

REPEAT